

## **CLIENT EDUCATION FOR DIAPHRAGM**

Before using the diaphragm, you need to know the possible disadvantages, risks, and warning signs to watch for. It is important that you read the manufacturer's package insert. You will receive information about the use, effectiveness, advantages, disadvantages, risks, and warning signs of other methods. We are happy to answer any questions you may have.

The diaphragm is a barrier method of birth control. You can choose between the traditional healthcare provider fitted diaphragm or the commercially available one size fits most women 'Caya diaphragm'.

The diaphragm is made of latex or silicone and is dome-shaped. The Caya diaphragm has a special form that is adjusted to the pelvic anatomy, so that one size fits most women. Both diaphragms are used with a spermicidal cream or jelly. They are inserted into the vagina and fit over the cervix. Of 100 women using a diaphragm, 16 will become pregnant during the first year of use. With consistent and correct use, this drops to 6. The spermicidal gel is placed into the device prior to insertion into the vagina, however after each additional intercourse you need to place extra jelly into the vagina without removing the device, or use a condom.

The Caya diaphragm cannot be used in combination with silicone-based lubricants and it should be replaced every 2 years. It should also be replaced after treatment of any STD's. Cleaning it with soap and water after each use is sufficient, however it can be boiled.

The diaphragm offers limited protection against STIs. Since it covers the cervix, it may protect the cervix from direct contact with bacteria and viruses. Condoms are always the best way for sexually active individuals to reduce the risk of STIs. Diaphragms and condoms can be used at the same time.

### **To Increase Diaphragm Effectiveness:**

- Use it every time you have vaginal intercourse.
- Use contraceptive cream or jelly with every act of vaginal intercourse or if 6 hours or more has passed since the spermicidal cream or jelly was inserted (even if no intercourse occurred).
- Use back-up method if more than one act of intercourse while diaphragm is in.
- Leave the diaphragm in place for at least 6 hours after the last act of intercourse.
- Check diaphragm before each use for holes or weak spots.

### **Advantages of the Diaphragm**

- It can be left in place for up to 24 hours (but should not be left in place for longer than 24 hours).
- It is non-hormonal.
- No effect on menstrual cycle.

### **Disadvantages of the Diaphragm**

- May have an allergic reaction to the latex or spermicide.
- May develop a bladder infection.

- May find it difficult to insert or remove.
- May be pushed out of place during intercourse.

**You should not use the diaphragm if you have had, now have or develop in the future:**

- Allergy to the products.
- HIV/AIDS or high risk for HIV.
- History of toxic shock syndrome.

**Warning Signs – notify the clinic or your health care provider if you experience:**

- Discomfort with diaphragm in place.
- Vaginal itching or irritation.
- Frequent bladder infections.
- Unusual vaginal discharge.
- Vulva/vaginal redness or swelling.

**Sign or symptoms of toxic shock syndrome (rare). *\*If you have these symptoms, remove the diaphragm and seek immediate care.***

- Sudden high fever.
- A sunburn-like rash.
- Diarrhea or vomiting.
- Sore throat.
- Aching muscles and joints.
- Dizziness, faintness, weakness.

**Return to the clinic to determine if the diaphragm still fits after:**

- A delivery.
- Pelvic or abdominal surgery.
- An abortion or miscarriage.

### **Nonoxynol-9**

- In order for the diaphragm to be effective, it must be used with a spermicidal cream or jelly. Most include the spermicide nonoxynol -9 (N-9).
- It was hoped that N-9 would reduce the risk of STIs, including HIV, but the studies show that it offers no protection against STIs. Using N-9 many times a day may actually increase the risk of the infections.

**Regular physical exams for routine health care and for screening for STIs and cancer are strongly recommended for all sexually active women and men.**